



2013 National Capitol Region / Military District of Washington

# COMBATIVES TOURNAMENT

We're looking for the  
**best warriors**  
In the NCR/MDW region

## Who's eligible?

Service members and DoD Civilians from all  
installations and units in the NCR/MDW



## Got heart?

Go to <http://www.hqbn.belvoir.army.mil/tournament.asp>  
for more information



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# Combatives Tournament

The down and dirty details...

**Who:** To compete in this tournament you must be a military service member from an installation or unit in the NCR/MDW OR a DOD Civilian from the NCR/MDW.

**Where:** NEW LOCATION! Fort Myer Fitness Center, Bldg. 414, Joint Base Myer-Henderson Hall, VA

**When:** April 18-19, 2013

**Why:** To demonstrate the Warrior Ethos through competition.

**How:** The 5th annual NCR/MDW Combatives Tournament will still be conducted, but there will be changes:

- Online registration NLT 11 April!!
- Standard Rules only (No striking)

**11 April** - 1159 Online registration closes (each weight class is capped at 16 competitors, so do not delay on submitting your registration NLT 11 April! )

**16 April** - 0800 - 1600: By exception registration at the JBM-HH Fitness Center

**18 April** - 0800 - 1100: Weigh-in and Medical Screening  
- 1300 - 1330: Standard Tournament Rules/Safety/Medical Brief  
(Standard Rules - Ground grappling; scoring based on type of take downs)  
- 1400 - 1800: Preliminary Bouts

**19 April** - 1300 - 1700: Preliminary Bouts continue  
- 1800 - 2000: Championship Bouts

**\*Note:** Participants must download registration forms from the Fort Belvoir Headquarters Battalion website:  
<http://www.hqbn.belvoir.army.mil/tournament.asp>. Once completed, E-mail forms to complete online registration:  
[usarmy.belvoir.imcom.mbx.hqbn-combatives@mail.mil](mailto:usarmy.belvoir.imcom.mbx.hqbn-combatives@mail.mil).

--- Registration and weigh-in are required for all competitors ---

## WEIGHT CLASSES

Weight Class	Male	Female
Heavy	205.1 lbs and up	227.1 lbs and up
Light Heavy	205 lbs and below	227 lbs and below
Cruiser	185 lbs and below	198 lbs and below
Middle	170 lbs and below	185 lbs and below
Welter	155 lbs and below	169 lbs and below
Light	140 lbs and below	153 lbs and below
Fly	125 lbs and below	136 lbs and below

For more information contact Mr. Billy Cook (HQBN Operations & Training Officer) at [billy.e.cook4.civ@mail.mil](mailto:billy.e.cook4.civ@mail.mil) or at 703-806-5167/6446. Check the HQ BN MDW Combatives Tournament website for details of events and any future changes on tournament location at: <http://www.hqbn.belvoir.army.mil/tournament.asp>.

Use your smart phone to scan here  
and jump right to the HQ BN MDW  
Combatives Tournament Website!

